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ORIGINAL ARTICLE

COMPARATIVE EFFECT OF CRUSHED ICE AND ELASTOGEL COLD WRAP ON ANKLE SPRAIN

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Abstract

Aim of the study: The aim of this study was to find the comparative effect of crushed ice and elasto gel cold wrap treatments on ankle pain and disability among acute ankle sprain patients.

Methodology: This was a comparative study conducted at Radial orthopedic clinic, Chennai. This study included both male and female subjects with acute ankle sprain. 20 acute ankle sprain patients were taken as subjects and they were divided into two groups, Group A and Group B with 10 subjects in each group. Group A and Group B were applied with elasto gel and crushed ice respectively. Once the application was finished in the clinic all the patients were asked to apply ice in home for every 2 hours. This was done in 3 consecutive days. VAS scale and Foot and Ankle Disability Index (FADI) were used as measurement tools to find the outcome of disability and pain of ankle joint.

Result: There is a significant mean difference (VAS: 2.4 < 4.46), (FADI: 30.060 < 32.750) found between the elasto gel cold wrap and crushed ice application on pain and disability among the acute ankle sprain patients. **Conclusion:** The study concluded that elasto gel cold wrap is more effective than crushed ice on treatment of patients with acute ankle sprain.

Keywords: Crushed ice, elasto gel cold wrap, Visual Analogue scale (VAS), Foot and Ankle Disability Index (FADI).